Weight Creep

Lt Col Jane Heetderks-Cox, MS, RD

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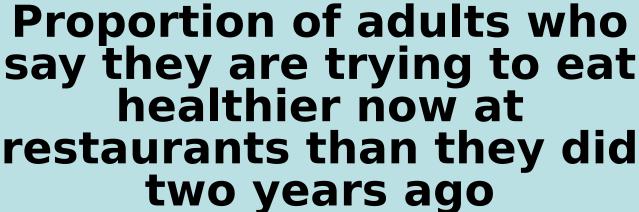
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Purpose

- Target obesity epidemic by improving nutritional and aesthetic quality of food for military/civilian patrons &patients
- Outcomes? Maintain patronage & customer satisfaction





All adults

<u>Women</u>

Men

71%

75%

68%









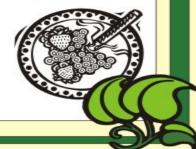
Wright-Patterson Medical Center Welcomes Certified Master Chef Ken Arnone

An honor graduate of the Culinary Institute of America.

He's one of only 61 Certified Master Chef's in the United States.

Sample some new dishes in our dining hall during lunch from 11:00 - 1:00 Tues, 18 Sept & Thurs, 19 Sep 2007.





On-site Culinary Training



- Goal: Enhance employee skills training &motivate staff
 - 4 day customized training on site
 - Expert assessment/recommendations
 - Training Format:
 - Lecture (1 hr/day)+ Hands-On
 - Topics/Skills: Quality ingredient procurement/storage; Healthier flavor agents; cooking methods



New Menu implemented Nov



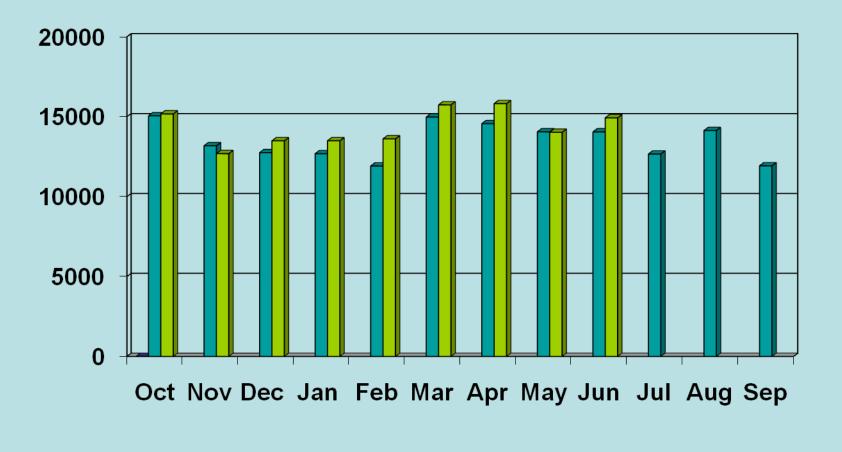


- 75% entrees meet criteria (≤15 g fat)
 - Recipes include chipotle chicken, sesame chicken, creole pork loin
- 100% vegetables meet criteria
 (≤3 g fat)
 - fresh roasted garlic green beans, grilled balsamic vegetables, french baked cauliflower, garlic dill potatoes
- Instituted several new items, including whole grain bread products/cereals, turkey sausage
- New! "Chef Special" or "Catch of the Day" each Friday









■ FY 07 □ FY 08

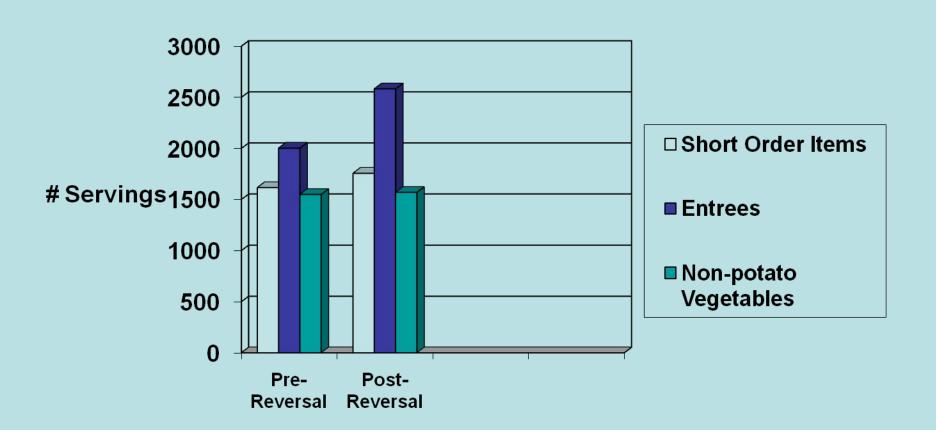
Serving Line Layout: How do we steer patrons towards healthier items? Old Layout: Patrons

enter door, pass short order line (38% items served="healthy)

New Layout: Patrons enter door, pass main serving line (75% items served = healthy)



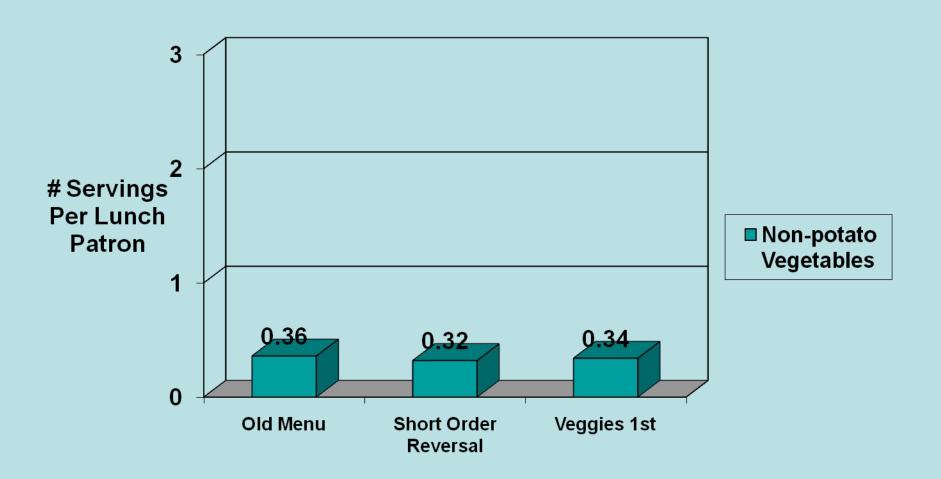
Entrees, Short Order Entrees, & Vegetables Purchased following Short Order Line Reversal



more veggies if we moved them them immediately following the entrees?



Non-Potato Vegetables Servings Per Patron Chosen during Lunch Meal



Source of Data: AF 662

Culinary Competition

Submit your healthy recipe by Monday, 10 Mar 07 & receive a free bowl scraper!

Finalists compete 19 Mar 07 for additional prizes

Winning recipes will be featured on the Pittsenbarger & Wright Patt Medical Center Menus!

Contact the Nutrition Clinic @ 257-8815 for more information and to register

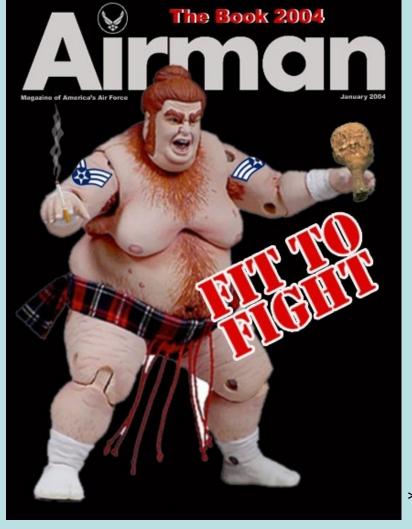


Coming soon! No more fryers!

- Background: Non-compliant hood & ducts
- Soln: replacing deep fat fryers w/combi-ovens
- Benefits:
 - Saves \$1.5 M (7 ovens) vs rennovation/reconstruction
 - Saves additional \$40K per year in vent cleaning costs, approx \$15K for grease removal; \$4K cost of frying oil
 - "Greener:" eliminates used grease disposal issue
 - Employee Safety! (Avoid burns, back injury)
 - Labor Savings (replacing grease)
 - Healthier—follows latest initiatives in school foodservice

Potential Weight Gain Prevention from Baked Fries

Alone!



Current # Svgs Fries Potential Lbs	# Calories	
Consumed/Week	Saved/Yr*	_
Averted/Yr	10.020	2
1	10,920	3
3	32,760	
9		
_	E4 600	
16	54,600	

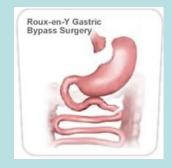
^{*4} Oz Baked "Stealth" Fries™ Vs 4 Oz Regular French Fr

Cost Comparison

 Avg Cost of 1 Combi Oven: \$20,000



 Avg Cost of 1 Civ Bariatric Surgery: \$20,000



 Total cost (\$170K for ovens + installation) would pay for itself in 3.5 yrs vs cost of keeping fryers.

What do you get when you combine Orville & Wilbur's plane w/ good nutrition?





The Wright Plate...the right choice to nourish your mind, body & spirit

Features meals <400 calories & 20 Gm
 Fat (entrée, starch, 1-2 non-starchy veggies)



Challenges/Barriers

- Overcoming status quo/employee resistance
- Availability of healthier items (light mayonnaise, whole grain bread w/adequate fiber, whole grain rice/pasta
- Poor service from prime vendor/food contract
- Suboptimal govt civil service hiring policies/procedures for foodservice personnel
 - inability to hire highly qualified culinary professionals w/formal culinary education or experience

Conferences/Culinary Resources

- Healthy Kitchens, Healthy Lives: Caring for Our Patients and Ourselves (Harvard Medical School of Public Health +CIA) 25-28 Sep 08
- World Of Healthy Flavors Leadership "By Invitation Only" Retreat 22-24 Jan 09
- http://www.ciaprochef.com





